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MIDDLE WEEKS OF COUNTY GOVERNMENT MONTH SHOW EXAMPLES OF COUNTY'S WORK TO PROMOTE HEALTHY FAMILIES

Catawba County will continue observing National County Government Month during the middle weeks of April with activities that follow the theme of the month, "Healthy Counties, Healthy Families" and will include something for those looking to treat a health issue, prepare and serve meals safely or stretch a food budget.

"National County Government Month is sponsored by the National Association of Counties," said Dave Hardin, Catawba County's Public Information Officer. "The 2012 theme, "Healthy Counties, Healthy Families" is an excellent opportunity to show how county government offers programs and services year round that promote and support good health."

Upcoming County Government Month events in Catawba County include:

Give Your Heart A Healthy Beat- 12 Noon, Monday, April 16 at the Health First Center at Valley Hills Mall. Cooperative Extension offers advice on how to be "heart healthy". Registration is required. Call 828-465-8240 for information or to register.

Serving Safe Foods Certification Course- 1:30-5:30 p.m. on April 17, 19, 24 and 26 at the Agricultural Resources Center, 1175 South Brady Avenue in Newton. The ServSafe Certification seminar teaches participants how to implement cost effective and proactive food safety practices in any operation. Visit <http://catawba.ces.ncsu.edu/> to register.

Carolina Yards and Neighborhoods- Tuesday, April 17 from 6:30-8:30 p.m. at the Conover Branch of the County Library at 403 Conover Station Southeast in Conover. Advice and information on maintaining a healthy and beautiful yard. Call 828-465-8240 for more information.

Get The Best For Less- 10 a.m., Thursday, April 19. Eastern Catawba County Cooperative Christian Ministries, 245 East N Street, Newton, NC 28658. Catawba County Cooperative Extension will offer advice and information on managing and stretching your shopping dollars.

Kids Cafe Training- 4-5 p.m., Friday, April 20. CVCC Alexander County Campus, 345 Industrial Blvd. in Taylorsville. Catawba County Cooperative Extension offers training for people who work with school age youth. Led by the Foothills Family and Consumer Sciences Team. Registration required. Call 828-465-8240 for more information or to register

A calendar of National County Government Month events in Catawba County has been created and may be accessed at <http://www.catawbacountync.gov/calendar/CGM.asp>.

For more information, you may call the Catawba County Public Information Office at 828-465-8464 or e-mail dave@catawbacountync.gov.

